

AJR - Caroline Alan - Beam Minerals Transcript

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Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and Ask Julie Ryan. Hi, everybody.

0:00:44 - Julie

Welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Caroline Allen back with us on the show today. I find Caroline's story and mission fascinating. When Western Medicine failed her, she gave up a successful corporate career and explored new ways to heal herself. That led her to develop products to help the average person enhance their health.

You're going to want to take notes on this one, because you're going to learn a lot of useful information that can enhance your and your family's lives. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Caroline. Caroline, welcome back to the show. I'm so excited to continue our conversation about your research and your client's testimonials about the Beam Minerals. I'm a huge fan, as you know. I'm a fangirl of yours and of your products, and I just want to get this information out to everybody who's going to watch and listen to this show and how all of these different products that you've come up with can help us.

0:02:02 - Caroline

That's awesome, Julie. Thank you so much for having me. I'm always looking for places where I can talk about minerals, because that's all I love to talk about, and it's great to see you as well.

0:02:13 - Julie

Oh, my pleasure, All right. Minerals what's up with the minerals? We all take vitamins and minerals and we think we're doing what we need to do, but what I've learned from you is that we're all deficient in most minerals, from what I understand. So please talk a little bit about that and tell us why. Why are we deficient?

0:02:35 - Caroline

Yeah, you know there's lots of kind of stuff out there in the public saying you know, our food is less nutrient dense than it used to be. But I really like to explain it because when people have a picture and a story, then they can begin to understand something and actually retain the info. So what I like to do is have people look around them, like in your room, look around, look at your body. Every single structural element in the world is minerals. If you took all of the water out of your body, you'd be a little pile of minerals.

Now if you look at plants, whether it's a small little pea shoot or a great huge redwood tree, all of the structure in that plant is minerals. So when a plant grows in the soil, what happens is to create its structure. It uses the minerals in the soil to create its own structure. It's the same thing that happens in you. Let's say you're pregnant and you're growing a baby. All of the mineral, all the structure of that fetus, is minerals that come from your body, from what you've

ingested, and the same with muscle growth or anything. It's all that. The structural elements are minerals.

So the challenge that we have is that in nature, when a plant grows, it sucks those minerals out of the soil to create its own structure. At some point it dies, and then it decomposes and all of its mineral content goes back into the soil. That's how natural ecosystems work. Of course, us, in our infinite wisdom, we have been cultivating for, in some places, thousands of years, growing food in that same soil and taking the food away from where it was grown and eating it some other location, and then the soil itself never gets the minerals replenished back into it. Now, in the same way that it's a challenge to get minerals back into your body in a way that you can actually utilize them, it's also hard to get minerals back into the soil in a way that is bioavailable to the plant. So, as a result, they say that to eat, to get the same nutrition from an apple that your grandfather ate, you would have to eat six or seven. I've even heard higher numbers, but I'm kind of you know, being cautious and saying six to seven apples.

0:05:07 - Julie
Wow.

0:05:08 - Caroline

Yeah. So the sad fact is you cannot get enough minerals from the foods you eat today. Now exacerbating the issue is that we're all drinking bottled and filtered water, as we need to do because there are pollutants in the water. The challenge is that that water has no minerals. Now, when I was a kid, we used to drink from the hose, or you know, we drink from streams. You know, of course, you shouldn't do that as well, but we did, and none of us got sick drinking from the streams. But you know they say you should not do that. So the problem is that kids now coming off the soccer fields or just sitting in class and they're having brain fog or they're having cognitive issues, or they're having mood issues or having ADHD, and these are literally because their body does not have enough energy to do all of the things that it does needs to do, especially in developing bodies.

0:06:10 - Julie

So minerals are something that nobody knows about. You know, we just take the capsules that have all the vitamins, I think myself included. We're all taught that we need the vitamins, but nobody really talks about the minerals until a woman gets to be of a certain age and she's looking at osteoporosis or osteopenia before osteoporosis sets in which, by the way, when I scan somebody as a medical intuitive, osteopenia looks to me like a divot in the bone. I'm like a human MRI.

So I can see inside people's bodies with their permission. Osteopenia looks like a divot in the body. Osteoporosis looks like actual holes. A divot in the bone, I should say for osteopenia, Osteoporosis looks like holes in the bone and it reminds me of sea coral, the kind with the holes in it. And so I think that's really where the calcium comes in, that we're supposed to take more calcium and more magnesium if we're a perimenopausal or menopausal or postmenopausal woman. But talk about minerals is not very common in the common zeitgeist of our daily lives. Why is that? Is that a new discovery that people have just figured out that we're deficient in minerals? Is that a recent realization?

0:07:38 - Caroline

I think there's a couple of reasons. One is that, of course, doctors have never gotten any nutritional training. So, and historically, most of our knowledge about even vitamins, you know take a multivitamin if you're pregnant or give your kid a multivitamin came from the doctor, the pediatrician or the obstetrician, you know so, or the gynecologist or whatever right. So now there's several things that happened. One is there was a big push I don't know if you remember the keto diet and everyone was doing the keto diet and one of the things that

happened when people do ketogenic dieting is that their bodies move from being carbohydrate adapted meaning they burn sugars to being fat adapted. They burn fat, and when they're in this transition process, they require a huge, they need more minerals and electrolytes, and so there's this huge movement of the ketogenic diet and all these people who were already in deficiency because of the food that they're eating and the water that they're drinking, suddenly experienced what they call keto flu. And then the people who were in the know said you need minerals, you need electrolytes. So this was, I feel, like the beginning inception of. First of all, part of what happened in the pandemic is people started wanting to know themselves what was happening in their body rather than just trusting the doctors who didn't seem to know. So there's, you know, because of the internet, people are starting to question and be. You know, I talk to doctors all the time who say one of their challenges is that their patients are more informed than they are about many of their chronic health issues because they can go out and research. So there's kind of there's this thing of the keto diet and people becoming aware of minerals and electrolytes, and then there is also this depletion issue, that I call it the. You know it is the health issue of our age. So, you know, if I'm going to give you kind of an example, the scientists that I've spoken to believe that kind of average depletion deficiency level is that people have only about 40% of the minerals in their body that they need for optimal function. If you're not supplementing, if you're just eating regular, old, you know, processed food and whatever from restaurants and fast food and all that.

So because minerals are the they're, with minerals and amino acids, they are the cofactors that are required for almost all of the energy generation in your body. So if you take a light in your room and you just dim it down to 40%, that's how your body is operating. So your body says, well, I can't keep these bones healthy, I'm going to steal some of that calcium because I need it over here, and it's still going to. You know, it's about like that. And let's say you have some inflammation in your gut. It's going to be like, well, I can't really get rid of that, and some sinus problems and maybe you're not sleeping well because your whole nervous system is amped up, because it doesn't have what it needs. It's hangry, you know, your hair starts to fall out, your nails start to chip, you know, you start to have night cramping. So there are a host of a myriad of symptoms, chronic symptoms that are signs of mineral depletion and deficiency.

And I, you know, I feel, you know I'm out there like really, you know I'll talk to anybody about minerals. That's why they call me the mineral geek, you know. I feel you know I'm out there like, really, you know I'll talk to anybody about minerals. That's why they call me the mineral geek, you know. But I'm really hoping to open this conversation to the public because, we know, recently I asked a Harvard trained scientist to name five minerals that the body needs and he couldn't. Minerals that the body needs. And he couldn't. You know, he was like, well, sure, I can, no problem. Then he started doing he's like wait a minute.

0:11:52 - Julie

Wait a minute. Maybe not Calcium, magnesium? Those are the two that come to mind. Is iron a mineral? Yeah, iron. There's something that sounds like borax, borax or Boron Boron, boron, okay.

0:12:04 - Caroline

Yeah, or let meon Boron, boron, okay.

0:12:05 - Julie

Yeah or let me see.

0:12:07 - Caroline

Yeah, you're good, you're good, yeah, yeah. It's not like right off the top of the tongue right, is manganese, different from Okay, all right, manganese is a mineral.

0:12:18 - Julie

Yeah, manganese. What are the main five main ones that we all need?

0:12:23 - Caroline

Well, so I never. What I like to tell you is that we have what we call the macrominerals, that your body uses a lot of the magnesium, the calcium, the potassium, the sodium, the boron. These are macrominerals, but the micronutrients are what people are really struggling with. Okay, so there's actually a term for it, coined by the World Health Organization, for micronutrient deficiency, and it's called the hidden hunger, because that's what people feel. They feel like something's missing. You finish your meal and 30 minutes later you're opening the fridge going. You know, maybe just I just need something. Minutes later, you're opening the fridge going. You know, maybe just I just need something.

0:13:11 - Julie

And actually your cells are telling you yes, you did not get the nutrition that they needed from what you ate, and that's what they talk about. Well, that's what they talk about with the processed food that the brain's not registering that it's food and that it's gotten nutrients because it hasn't Exactly.

0:13:26 - Caroline

Exactly. Oh, the problem with yeah, we'll have a whole session talking about this processed food issue, but you know. So there's about 17,. Some people say 22 macrominerals plus micronutrients, and those are and electrolytes are also included in that list and what we think of as electrolytes?

0:13:47 - Julie

So electrolytes, I think of the athletes that are drinking Gatorade, and I also think about when people are sick. I've heard my whole life get some Pedialyte and drink.

0:14:01 - Caroline

it Is that the same thing.

0:14:02 - Julie

What is an electrolyte, and are those? I mean, I know Gatorade has a bunch of sugar in it Does Pedialyte as well?

0:14:11 - Caroline

Yeah, pedialyte has a lot of sugar and it's mostly salts. Most of these electrolyte drinks are salty, so they're mostly sodium. And then there's potassium and there's some magnesium. Sometimes, if they're more full spectrum, they'll have magnesium. Basically, an electrolyte is a mineral that has a very strong electrical charge. That's what an electrolyte is. So, and your body and most of those are macrominerals, the ones that your body utilizes a lot and keeps your entire electrolyte electrical system in your body very receptive to moving energy around your body to where it's needed.

0:14:57 - Julie

And so electrolytes. When we get depleted, it's because we've been sick or somebody's an athlete and they're sweating out all their minerals. Do minerals come out in sweat?

0:15:07 - Caroline

They do so when you're sweating. They come out actually lots of different ways, but mostly you know. So here's the thing about minerals that people should understand. So you can go and drink some Gatorade, okay, and you can get some minerals into your body. And you know, somebody said to me recently that they were taking this really great electrolyte product that

was in the same ratios as their sweat. So they're sweating out minerals and they're drinking minerals, okay. The problem is that your excretion system is completely different. Sweating is excretion system is completely different. Sweating is excretion and it's completely different than the way that minerals are replenished in your body. So it's an interesting thing.

Minerals work in these pairs and triumvirates and quads, and this is really important for aging women, the women with the osteopenia and osteoporosis. Guess who else has osteopenia and osteoporosis? Is aging athletes. Now, they have it because they've taken so much magnesium and potassium as electrolytes in their life that their body has tried to balance these large concentrations of the minerals by pulling calcium and phosphorus from their bones and they've ended up with osteopenia and osteoporosis. And many of them have all sorts of mineral depletion issues, because every time you take a large amount of a single mineral even a couple of minerals and you put it in your gut, your body tries to balance it. Your body is this incredibly miraculous phenomenal, has this amazing capacity to create balance, to create homeostasis and working.

You know, taking pills, you know, in large amounts and putting it in your gut is not the best way to replenish minerals, because it creates these kinds of imbalances. There's a lot of women using magnesium for sleep or they're using magnesium for elimination because they tend to get constipated, and I don't recommend it. It is maybe once in a while to use it that way once in a while, but to do it on a daily basis, absolutely not. It's not good for your body long-term and if you have any osteopenia or osteoporosis, it can exacerbate it. Now you know. The same thing is if you want to get calcium into your bones. I think there's lots of research out there and lots of stuff out there saying that you can't just take calcium to get calcium into your bones.

0:17:51 - Julie

I know a young man who is in the TV business and travels a lot and is in the production trucks on site at sporting events and things like that, and at the age of 30, he had osteoporosis Exactly. And he was telling me that he heard from the doctors, didn't know what was going on, but he heard from somebody who was a health and nutrition expert saying it's because of all the EMFs that you're exposed to. And I said well, I would think there are a lot of EMFs in a truck. And he said, oh, it's hooked up to a satellite dish. We probably have thousands of wires and cords, there are probably 50 computer monitors, plus everybody's laptops, plus everybody's cell phones, plus I'm flying to and from wherever the game is that weekend. Have you heard of other cases like that in a young male?

0:18:53 - Caroline

Well, I have heard of young people with osteopenia and osteoporosis. Yeah, and it is an issue Absolutely.

0:19:02 - Julie

Is it from.

0:19:03 - Caroline

EMF. You know, again, I am not an EMF expert. I know quite a few people who truly are. But if you think about what I think about related to this is if you think about your body as an electrical system, okay, and this is a, we're going to actually delve down, we're going to go down a little rabbit hole for a moment, okay, and you, you will totally understand this If you keep going down the rabbit hole and you, first you're going to think about cells, and then you're going to think about the mitochondria in the cells, and then you're going to think about the food you eat, which has to get broken down all the way down to its ionic chemical components, like magnesium, potassium, like down to its mineral components. Now you take those mineral ions and you break them up and their carbon and oxygen and their CO₂ or their. That's not one, but

you know what I mean, my point being that they break down into atomic structures and ultimately, these things break down. And what are they? Their frequency?

0:20:09 - Julie

There you go. Do you see yeah, when?

0:20:13 - Caroline

I studied. It's so amazing. Sometime go and read about how oxygen actually is incorporated into your body. It will blow your mind because it's happening at an atomic level. It's actually happening at an extremely, extremely micro, micro level and it's all frequency. This, you know. This thing is spinning off an atom onto another atom and that's how it gets into your body. It's literally all frequency. So if you think about your body as completely a frequency engine or a particular energetic pattern, then it totally makes sense that EMF would definitely mess with that.

0:21:03 - Julie

Well, you bring up a really good point. Recently I read a study that scientists I don't remember the university, it was a big university researchers, they discovered that at the center of every nucleus of every human cell is a black hole. Yes, I was just reading this recently also.

Yeah, and what's the black hole? The black hole is source In the work that I do, caroline. Just reading this recently also yeah, and what's the black hole? The black hole is source In the work that I do, caroline. You know this. You know there are vortices, a lot of vortices. There are black holes we go through when we're going in between different realities. There are vortices used to heal. Especially when I'm using stem cell energy. There's always a vortex present. There's this thing called vortex mathematics, which is way above my pay grade, but it's. I see vortices all the time being used, and that's what a black hole is. When somebody has a near-death experience, what are they talking about? Going through the tunnel, the black hole, and so I completely understand what you're talking about. That it's all a frequency and how miraculous is that it?

really is when you say that everything's comprised of minerals. I picture this pile of a little bit of sand, grains of sand, that all these different. We understand it, but never that the energy is the first part, and then minerals, it sounds like to me, is the next step, next to the frequency. Am I understanding that correctly?

0:22:59 - Caroline

Yes, you are Absolutely so.

Each mineral has its own particular energetic signature.

That's how it's recognized, and each one has a resonance pattern and it connects with other resonant patterns, etc. So this is how things are incorporated into your body, into your cells, ultimately utilized by the mitochondria. I mean, this is at such a micro level and you know you cannot minimize the miraculousness of this homeostasis engine and this ecosystem, or set of ecosystems filled with microbiomes, that our body is Someone actually, even if you think about our body as sets of cells and then you think of inside the cell there's mitochondria and these mitochondria generate almost all of the energy in your body. And these mitochondria generate almost all of the energy in your body and what fuels them is minerals and amino acids. But the scale of it is unbelievable. Actually, someone told me recently that the mitochondria was originally a separate entity from the cell and cells, so actually a separate organism and cells incorporated the mitochondria said oh, there's a great energy source, let's just use those you know, and so mitochondria is what causes the cells to divide and replicate to the tune of billions of them a day.

0:24:45 - Julie
Is that correct?

0:24:46 - Caroline

Exactly Well, and what it does, actually the mitochondria. It has a life cycle and it's got all these stages. And actually let me give a sense of the scale, because this is really. It helps you understand what we're actually talking about. So you have about 37 to 150 trillion cells in an adult human and inside each cell you have a lot of mitochondria. Like on the back of your hand here, you might have 200 mitochondria in a single cell. In your heart, you might have 5,000 to 8,000 mitochondria in a single cell. In your brain, in a single cell in your neuron in your brain, up to 2 million mitochondria. So, yes, so the scale of how much energy is being generated via these mitochondria at any given instant is phenomenal and it makes sense because I'm sitting here talking to you, I'm not. You know. What's possible with this body is phenomenal.

0:25:55 - Julie

I agree. All right, let's back up a little bit. And how and I know you're a corporate gal, like I was I want to hear, I want you to share everybody that story of how does a corporate gal go into being a mineral expert and teaching the world how important minerals are. The thing that I appreciate the most about you is that you present this information in a way that's understandable to just the average person. I don't have any scientific background, but you make it so understandable for me and I know it seems to me like you're on a mission from God.

0:26:41 - Caroline

I'm on a mission for the minerals on a mission from God.

0:26:46 - Julie

I'm on a mission for the minerals. You're on a mission from God through the minerals, to utilizing the minerals to really educate the world about how we can help ourselves heal, remain healthy, that kind of thing. Because I always say the body has a tremendous capacity to heal itself. I don't buy this stuff about the body attacks itself. That just is nonsense to me. You can tell me the most brilliant scientist who says that. I'll say it's still nonsense. The body's programmed to heal. So tell us how your journey has taken you from being a corporate person into the mineral, the mineral maven.

0:27:28 - Caroline

So I was in a corporate career in high tech you know really intense career and I burned out about. It was about 2010. And at that time I had flatlined adrenals. I'd had them for about two years. Really bad inflammation in my gut. Even though I'd been gluten-free for seven, eight years, could never get over that inflammation. I had bad inflammation in my sinuses, with recurring sinus infections every six to eight weeks I mean really regularly and I could never truly get rid of it. I had really bad inflammation in my mouth and my gums. So I had bone loss. I had receding gums and bone loss in my teeth and deep pockets.

I met my now business partner, Dan Howard, and he introduced me to these liquid plant-based minerals and he said you know, you might want to try these, they might help you. And I was like okay, sure, you know they tasted like water, very easy to drink. So I took them and I drank them every day and surprisingly I woke up in the morning and I wanted them. Like my body said, oh, remember those minerals. And I had them. And after about two months I went to my dentist and she looked in my mouth at the exam point and was just so surprised she's like I cannot believe that this is happening. Your gums are no longer inflamed. Oh, I told Chris. Chris, I'm so sorry, I'm going to start over, Chris. I told you all my alarms were off and then my phone alarm went, so I'm going to just step back and you can edit this part out. So I went to my

dentist and she looked in my mouth at the exam moment and she was surprised, she. She was like the tissues in my mouth at the exam moment and she was surprised. She was like the tissues in your mouth are pink and healthy. You didn't bleed when your teeth were cleaned and the pH is completely different in your mouth. What has changed? And I was, you know, and we've been.

I've been working with this dentist for two years, trying different things, seeing what we could do. I did all of the good hygiene things and I said you know, I think it. What we could do. I did all of the good hygiene things and I said you know, I think it might be these minerals, I don't know. She said, okay, keep taking them.

Then, four months in, I went to my naturopath and I did the adrenal test, a saliva test, and I went in for the results. She was surprised again looking at the results my adrenals after being completely flatlined for two years. She had wanted me, at my last appointment, to take hydrocortisone and I wasn't going to do that. And they were one third of the way up the chart with their natural sawtooth pattern. So, over the space of about eight or nine months, all those symptoms that I just described to you completely resolved. I have not been sick except for COVID in eight years.

So it's, you know, it's unbelievable what can happen, you know, and I couldn't really understand what was happening. And I kept going to Dan and going like this is crazy, like what's happening. I think I need to, I need to figure out, like how these little cups of liquid could make such a difference. And I started researching. And that's when I just went way down the rabbit hole and studied microbiology and cellular biology and all about, you know, these minerals, these plant-based minerals, and where they come from and how they work. And as I was doing that, I kept having these aha moments. And these aha moments were so mind-blowing to me and so that I felt that I had to bring the information to the public and I've literally spent, you know, since 2012, you know, trying to find ways to explain this very complex subject to people in ways that anyone can understand it. I'm working on a book actually Very excited, oh great.

0:31:41 - Julie

Yeah, good, what are you going to cover in the book? I'm going on a book, actually Very excited, oh great, yeah Good, what are you going to cover?

0:31:44 - Caroline

in the book I'm going to cover minerals, like why you should actually think about minerals as the source of many of your chronic issues that you're experiencing Mineral depletion and deficiency. Do you have a bodyguard?

0:32:00 - Julie

Is that going to Do? You need to have a bodyguard, because it's going to get rid of a bunch of pharmaceuticals either, but all that minerals do is provide the foundational support to the body so it can do what it naturally can do.

Well, yeah, and I don't think anything heals anybody else. I think we heal ourselves. The work that I do, the work that a medical provider does. People say, oh, you healed me. No, what I did was I helped you facilitate healing yourself. And I use the analogy a lot of you have a big cut in your leg, a big gash in your leg, and you go to the emergency room and they stitch it up. Well, the doctor who set up your leg doesn't make your skin grow back. You make your own skin grow back and the minerals help your skin grow back. So do a multitude of other factors. But I preach that a lot. It's important for us to know the body has the capacity to heal absolutely anything, and we heal it ourselves based on what it's been my experience, based on what our

spirit wants to explore and experience in this lifetime. So sometimes death is the healing. Louise Hay used to say happy, healthy dead. That's my motto Happy, healthy dead.

0:33:42 - Caroline

What I've done. All right, fine, I should tell you my own little healing journey that I had recently, because I think it would interest you. So I have had a little bit of toe fungus on my left big toe and the third toe for about 12 years 10 to 12 years and I have tried everything to get rid of it. 12 years and I have tried everything to get rid of it. And recently, about four weeks ago, sitting in a meditation and a healing meditation, and I felt this charge of energy flow through my body and go all the way out to the tips of my fingers and in the particular areas where I've had and toes where I've had those, I felt particular tingling. And on one of the toes, the littler toe, that fungus is completely gone and on the big toe it's about halfway gone.

0:34:33 - Julie

So what do you think happened?

0:34:39 - Caroline

That's a good question, Julie, because I have no idea. I think you've got a frequency.

0:34:46 - Julie

upgrade, I think, your frequency because you're on a mission from God. I've told you that before and I really believe that that you are, you're being led. Did you know you are You're being led.

0:34:59 - Caroline

Oh yeah, I am. Sometimes I'm like where am I going?

0:35:03 - Julie

You're not supposed to know, because if you knew then that would take away the adventure. But well, seriously you know, if you're on a roller coaster ride for the first time, it's never as good as the first time when you go back. It's always fun, but it's the anticipation right. That song, but that's what I got. That's what I was hearing when you were talking about that in the meditation. You had a frequency upgrade.

That totally makes sense yes, because you're at a high frequency now, caroline, because you're allowing spirit to guide you on your path of what to do with this and who to talk to and how to get this information in a practical way. That's what I'm all about combining spirituality and practicality to help us live a more joyful, productive life, and so you're giving them the opportunity to utilize products that are helping them heal their own bodies. Yes, and there's a much bigger picture going on here, because I've watched you from afar and I'm thinking how is she coming up with that? And I'm thinking well, duh, ryan, she's being inspired. You know, spirit's giving you ways to get this information out to others.

0:36:45 - Caroline

It's true, I commend you on that and my, you know, my hope is to really help people get back to simplicity. You know, I don't know if I've told you this, but I've spent a lot of time in the aisles at health food stores talking to people who are buying bottles of pills. Talking to people who are buying bottles of pills, you know, and their basket has, you know, zinc, and it has some magnesium and some calcium and some potassium and selenium and some chromium, and yeah, and I'm like, well, what are you going to do with those? And they're like I'm going to go home and take them, and I know that those things are going to. They're going to take them for a few weeks, maybe a month, maybe, if they're really diligent, a couple months, and then they're going to end up in the cupboard, in the supplement graveyard, you know, because it's not sustainable.

Not only is it not sustainable, it doesn't work. And so what an amazing. And it's expensive. Exactly what an amazing thing. Of course, mother nature designed the perfect tool for replenishing minerals in the body, and that's what you know. Again, it's not about my products, it's about making health and easy for people making a return to homeostasis and energy. You know what, if you had just even 10% more energy than you have today and all you had to do is just drink this? You know, this water that I'm drinking, that's got my minerals in it, you know, and it tastes like water Right.

0:38:18 - Julie

First time I saw that it looks like a Coke. A really strong iced tea.

And so that's what I do is I pour your minerals into a big glass of water. I don't need to reinvent the wheel, I just emulate you. You're the expert on it and then I drink it with my other stuff. So if somebody is taking, let's say, extra vitamin C and zinc and maybe magnesium, and they're doing the B minerals, do they negate the minerals? Like you said, the body's going to go back to homeostasis. Do we just urinate out the extra? What happens in that situation?

0:38:56 - Caroline

Well. So, first of all, if you were taking B minerals on a regular basis, you would not need to take any other mineral supplementation. You might still want to take your vitamin C and definitely your vitamin D and you know. So those kinds of things, the things that aren't minerals. Now, the challenge being that sometimes, if you're taking a multivitamin, it will also include minerals, so then I would recommend taking vitamins that do not have added minerals. The reason is so.

I love this explanation because it helps people understand it. You know what we know about our gut now, the gut microbiome. Think of it like a beautiful forest. So you've got this incredibly healthy, lush place. There's all these natural nutrients in the soil from plants that have decomposed, and all the minerals are in the soil, and you've got enough water and you've got fresh air coming through, and everything's in its natural life cycle. Now go, take a wheelbarrow of magnesium and throw it on the forest floor. And what happens to the plants in that area? They don't thrive and, in fact, that ecosystem starts going. Okay, we got to figure out a way to get rid of this. This is way too much. These plants are struggling, you know. So they hopes for rain to clear it away, and then also, actually there are other things like humic that will remove that excess. But if we think about our body like an ecosystem, what you want to do is give it small amounts of extremely bioavailable nutrients, and that's what the beam minerals represent.

0:40:37 - Julie

So somebody that's super mineral deficient let's say a 300 pound guy who's an athlete and a petite woman who's mineral deficient and they drink the same amount of the beam minerals how does that?

0:40:53 - Caroline

work Well, so they wouldn't. So an athlete and this is why I say a regular person, who's maybe goes to the gym a couple of times a week, you know that kind of thing, who's maybe goes to the gym a couple times a week, you know that kind of thing they would take the regular amount. Now, what I really like to do is talk about these products as tools. Okay, Because what you have here is not only full spectrum mineral replenishment, with the two products together, which we call MicroBoost, which is this dark colored one, and then electrolyze, which is the light colored one, and the light colored one is fulvic. And fulvic is like your ideal electrolyte replenisher, and the reason it's ideal is number one it doesn't require any digestion because it

has no flavor. It's just minerals in water, completely ready for absorption into your system. And the molecule, the fulvic molecule, is so small that it absorbs through any tissue that it touches.

0:41:52 - Julie
What's fulvic?

0:41:54 - Caroline
Fulvic is a molecule. Okay, it's a plant-based mineral molecule, and when I say plant-based, what I mean is that it comes during the decomposition of freshwater plants. It's the result of decomposed freshwater plants. Now, this particular fulvic comes from 65 million-year-old plants, so it's an ancient molecule.

0:42:21 - Julie
So 65 million-year-old decomposed plants? The fact that it's been decomposed for 65 million years does that give it more of a concentration of minerals than something that's recently decomposed?

0:42:34 - Caroline
Yes. So imagine back when the dinosaurs lived. There were rainforests all around the world and many, many places, and a meteor hit the earth. It hit the Yucatan and when it hit it killed 75% of all life on earth in a few hours and all of those rainforests died and decomposed. And there's different substances around the world that are these decomposed rainforest material. One is called shilajit. They have that in the Himalayas, they have peat in the British Isles, black soil in the Amazon basin, and this material we use is called humate and it's a black, crystalline kind of sandy substance, crystalline kind of sandy substance, and it's extremely mineral rich to the point where for one single human, an entire year, you might need half a cup of it. Very, very small.

0:43:32 - Julie
Where do you get it?

0:43:34 - Caroline
So it comes from the Southwest United States and it's about 10 to 12 feet below the surface of the earth, which is really great because it's very pure and has never had any contact with modern pollutants. Okay, so that's fulvic. So actually that material is called humate. Humate. We extract out of humate these two molecules and some people have heard of them as fulvic and humic acid. Our products are not acids. Nothing bad about acids, it's just that they've been extracted using acid and then they taste bad. So all of the all of the humic and fulvic products that they use in agriculture are humic and fulvic acids, because no one the plants don't care how they taste, but we do so.

And fulvic and humic are two molecules that have. They both carry this full spectrum of minerals that your body needs in the natural ratios, which is a really important fact. So there's a lot of magnesium and potassium and phosphorus and things that your body uses a lot of, but there are also, in varying, smaller ratios, all the micronutrients that your body needs. So drinking this glass of liquid just gives me all of them in the natural ratios, which treats my microbiome in my gut like an ecosystem and doesn't cause any imbalances.

Now, when we talk about the athlete. The athlete who's using their body a lot more, burning many more minerals to generate the energy that they need for their performance. They would just use the electrolyzed, the fulvic product, as a way to provide more mineral content to their body in an extremely bioavailable way, because that molecule is so small, requires no digestion. They feel it almost immediately when they're really depleted. We go to bike races and at the aid station the bikers come in and they're like cramping, they're shaking, they're

exhausted, they're struggling to maintain, and we give them a shot of the electrolytes and 30 seconds later they're like whoa, what just happened? Because they've never had an experience like that. They're used to taking flavored electrolytes that are salt-based. They trash their stomach and they don't work for 18 or 20 minutes.

0:46:05 - Julie

I've heard that about the salt. They give them salt water.

0:46:09 - Caroline

Yeah, they'll use pickle juice. The thing is, you have to realize your digestive tract is a freshwater system.

0:46:17 - Julie

I see the other thing back to my question about somebody who's my size I'm 5'9" versus somebody who's a woman, who's five feet tall, and we take the same dose. How does that work?

0:46:31 - Caroline

depending on your lifestyle. That's why you have a tool that you can take the base amount, your half cap, each day as your foundational amount. If you were a football player and you're going to work out every day, you're probably going to take a full ounce of each and then you're going to probably put an extra thing of an extra shot of electrolyze in your water bottle and then, after you work out for four hours or six hours, you know, in a, you know doing training, you're probably going to have another shot. So you're going to really use this a lot.

0:47:05 - Julie

Okay, and then is that on your website, what, what, what the dosages are, if you're?

0:47:12 - Caroline

if you look at the back of the bottle, there's a QR code here and the QR on the QR code. When you scan that it takes you to a product usage page. It has lots of details about using the products with kids or if you're very sensitive or if you're an athlete, you know using it for different scenarios in one's life. It's different than you know taking a, you know, a salt-based powder electrolyte drink or something that you're going to just put in your water and again, I don't recommend those.

0:47:42 - Julie

Okay, All right, I have a gal who's a graduate of my class and we were talking about this recently when we were together and she said thank you so much for introducing me to those minerals and I said well, you're welcome. And she said she's in her seventies. She's a retired nurse, so she has a pretty good understanding of basically of this stuff. And she said that for many years her antioxidant levels were low and she started taking the beam minerals. And she said she went in for her just routine annual exam and she'd been taking them for about six months or so and they were higher than normal. They were way higher than what they'd been over the past several years. And her doctor said wow, what are you doing? Similar to what your dentist said to you. And she said I'm taking these B minerals and she gave her the website. She gave her your website and the doctor said well, keep doing what you're doing, because this is amazing. And there were several other parameters in her blood work.

The young man who's in the TV business that had osteoporosis took him for about a year and his osteoporosis was gone. It went away, and I have several other stories of that. I take them every morning, my husband takes them, our son, Jonathan, takes them. I'm a huge advocate because none of us have been sick at all with anything in the year that we've been taking them,

and that's really the only difference that I can think of. That and not that I get sick a lot, I don't, but I'll get like a little cold or something.

And I think one time I can think of in the past year where I started getting a little bit of sniffles, that was in the evening. When I got up the next morning I didn't have them. They were completely gone. So you're really onto something with this, because I know personally I've noticed a huge difference in everybody that I know who's taking them says it's subtle. It's not like you feel a difference right away, but if you look at it over a long period of time several months it is like the light bulb goes off. You say, okay, well, that's really the only thing that I've changed.

0:50:10 - Caroline

Yeah, you know those lights. They're these LED lights, so when you turn them on, they start out dim. And then you come back, you know, 15 minutes later, and the light, the room is really light, yeah. Or even if you're sitting there, you suddenly go, oh, it's lighter now. You know 15 minutes later and the light, the room is really light, yeah. And or even if you're sitting there, you suddenly go, oh, it's lighter. Now you know, and that's you know. The thing is, this is where our body actually likes to work, with slow, incremental changes. You know, in nature, big changes are like a forest fire, an earthquake, a volcano. You know things that are not very comfortable, yeah good point.

0:50:47 - Julie

Do herbicides and pesticides and or GMO foods leach minerals out of our bodies?

0:50:54 - Caroline

Yes, so particularly glyphosate, and if people don't know what that is, it's what they use on genetically modified foods and it's a pesticide or an herbicide actually that's sprayed onto the plants and the plants are genetically modified to live, while the weeds that are not genetically modified die. Now the problem with this glyphosate is that it causes havoc in your body, particularly in the gut, and also with cognition, with sleep. It interrupts the development of melatonin in your body. It allows your body to store more aluminum, which is a problem related to Alzheimer's. It also affects what they call the first line of defense, which is a set of enzymes called the CP450 enzymes in your gut, and it interrupts the production of those, and then, ultimately, what happens is you end up with leaky gut. So this is basically where the lining of your gut is not contiguous, complete, and there are holes where food particles can get into your bloodstream and they cause all sorts of problems. That's just the beginning. I mean, there are so many problems with glyphosate. So if there's anyone in the audience who has a lot of gut inflammation they've had a struggle getting rid of it they really should go and get tested for glyphosate. You can actually get a test on Amazon that you can do yourself, which is a good thing to do, but you can also go to a lot of natural practitioners will be able to do that for you as well.

The beautiful thing about it is a humic, which is our microboost product, is the most well-known and effective remover of glyphosate from the body, and there are quite a few scientific studies showing that humic is absolutely effective in removing. Humic is absolutely effective in removing glyphosate. In addition, it also removes things like nanoplastics and microplastics from the system. It removes all sorts of pollutants as well as just bio-waste, toxins and heavy metals, particularly effective at the removal of heavy metals. I like to describe it like a Velcro ball that hangs out in your bloodstream. It's much larger than a cell. It's very, very sticky and has a lot of surface area and it just moves through your bloodstream, chemically binding with things like glyphosate and heavy metals and senescent cells. People call them zombie cells. It's basically a cell that has died and needs to be removed from your body so it doesn't create that oxidative stress that can be so hard on the body.

0:53:54 - Julie

Are our children vulnerable to having mineral deficiencies, or is it primarily adults?

0:54:02 - Caroline

Children are way, way more more affected. So this is why we have I this is again why I believe we have such a huge rise in chronic symptoms among children of obesity, brain fog, adhd, autism, all these different things that are happening with young people. And this is partly because not only are their drinking bottled and filtered water, because the parents are trying to keep them healthy, which I completely understand, but they're not getting the minerals from their food. Lots of kids don't eat well anyway. Lots of parents end up giving their kids, you know, lots of processed foods, because that's what the kids want and their bodies are developing. So when your body is developing, actually it needs way, way more minerals than somebody who's a fully grown adult.

0:55:05 - Julie

And what are some of the symptoms that you see in kids? You mentioned some of them, certainly the cognitive things too, but are you seeing other symptoms in kids? And then, what are some of the most common symptoms in adults that are mineral deficient?

0:55:21 - Caroline

Yeah, well, I'll tell you a story about a young girl. Her grandfather wrote us and he had a granddaughter, orion I think. Her name was six years old, and she was a terror, absolute terror. They would go visit and she would just be like she was just mean and she was complained constantly of aching in her joints and in her legs. She had really struggled in school, she was a biter and all these. I mean really a terror kid.

And the grandfather who had been taking our minerals, suggested that the mother try giving her the minerals, which the mother did. And three weeks later they came to visit and the daughter had completely changed into like another child. She was like grandma, come on, let's go. You know, come sit with me, do you want my cookie? You know, just an absolute. And she had stopped complaining of the pain in her. You know the discomfort in her legs. So that's just one story.

Another story is you know we work with an autism group, in a group that works with autistic children in Salt Lake, salt Lake, and they decided to do a test with our minerals. They had two twins, two girls, and one was very, very low functioning, had no words, had a lot of outbursts because she couldn't communicate, really struggled, and the older one just had a few words. And they decided they would give the minerals to the younger twin, who didn't have any words, and not to the older twin. And within two weeks the younger twin well surpassed her older twin, could speak not only just words but was stringing words together into sentences, and her outbursts had greatly decreased. And so they were like well, okay, well, well, we just have to start giving it to everybody. So it's a part of their protocol for all their behavioral challenges with the kids.

0:57:33 - Julie

So do you believe that that with a? I know a lot of information about ketogenic diets. I know a lot of information about ketogenic diets, especially from Chris Palmer at Harvard, for kids and for adults. So that, combined with the mineral supplementation, is helping these people and these kids heal their bodies. Yeah, and the ketogenic diet doesn't have a lot of plants in there? No, but the animals eat the plants is kind of. What I figure is that. Am I assuming that correctly?

0:58:08 - Caroline

That is correct. I mean, the challenge with the ketogenic diet is doing it on a long, long-term basis. You know, ultimately, what you end up needing to do is some carb cycling. I mean, I

know there are the paleo people, but how long, you know, I don't know. So I'm not a diet. I don't have any particular idea about that. I think everybody, every body, is different. Every lifestyle is different. People have to find the thing that works for them. Clearly, the ketogenic diet is anti-inflammatory, is anti-inflammatory. But to do the ketogenic diet on a regular basis, it's absolutely definitely necessary to supplement with minerals and electrolytes. So insomnia.

0:58:54 - Julie

That's helped by taking the beam minerals.

0:58:58 - Caroline

Absolutely. We hear it again, and, again, and again.

0:59:03 - Caroline

Cramps? Yes, absolutely. So. I say to anybody who has night cramping, hand cramping, foot cramping regularly you are mineral deficient. The reason you have cramping is that your body does not have enough energy to release that muscle. How about menstrual cramps? Absolutely menstrual cramps.

0:59:26 - Julie

Are menstrual cramps mineral deficiency as well?

0:59:29 - Caroline

Well, I'm going to tell you that I have so many women who have had painful periods and stop having painful periods once they are mineral replenished.

0:59:44 - Julie

Wow, that's a big statement. Carolyn, that's a big statement. It is how about endometriosis and all of that too? Is that affected by the mineral replenishment?

0:59:54 - Caroline

So endometriosis is supported by mineral replenishment Absolutely. And we work with an endometriosis expert I'm blanking on her name at the moment, but she swears by the minerals with her protocols, absolutely.

1:00:10 - Julie

Okay. Can pets be deficient in minerals too? I would think the answer to that would be yes.

1:00:16 - Caroline

Pets are actually more deficient than humans because most pet food is horribly made. Most of it has glyphosate in it because it's just made for meal, and the other thing is that pets do, especially dogs that go outside or cats that go outside. They are down where lots of people are spraying glyphosate for landscaping and different things like that. So we do have a pet line that is for pets and I highly recommend it.

1:00:48 - Julie

Tell us about that. Does that? Do you just pour the fluid on their dog food, or how does that work?

1:00:55 - Caroline

Yeah. So the best way, the way we recommend, is for we have the two products there. It's like a complete mineral product and a complete electrolyte product. So again, you have two tools. If you have a very active dog who goes out to play a lot outside and you run throwing frisbees and that kind of thing and you're in a hot environment, they need electrolytes, the same way you do, and a great way to give that to them is with the electrolyte product. The mineral

product comes with a dropper and it's more concentrated than the human product, mainly because you want to just put it right on their food, because you know they're going to eat all their food. That way they're going to get all of the minerals they need by getting it on the food, whereas sometimes you put a bowl of water down, they don't drink it all.

It's also extremely important for cats. Cats get the electrolyte product for we have a feline electrolyte product. Cats get all of their in nature. They get all of their liquid from the food they eat. They drink very little liquid water, so if you can get the electrolytes into them, it's a huge help to them. Many cats have kidney issues because of it.

1:02:13 - Julie

Interesting I love the Instalites. Tell us about the Instalites. When you first told me about those, I was like yeah, no way, I don't buy that. So tell us about that. And then I enter through any opening that happens in that cell.

1:02:44 - Caroline

So it's extremely bioavailable. You can spray it on the outside of your skin and it will absorb into the muscle in your body in like three to five seconds. So let's say you wake up in the night with a cramp, you can spray it on and it will, in 30 to 45 seconds, release most cramping. If you're extremely mineral deficient, it might. It doesn't work for everybody. I'm going to tell you that, because of the level of depletion that you're experiencing in your body, if you do experience regular night cramps, you would spray it on before you go to bed and most people will not get a cramp because it absorbs right into the local area that most needs it and you won't get the cramp. That's just, that's one of the uses. What's your story?

1:03:30 - Julie

Well, two people that are close to me One is a graduate of my class who's a stunt woman in the movies oh wow, I mean, she's just a badass, she's fabulous, she drives cars off of bridges and I mean, does crazy stuff, crazy stuff? And she was. I was with her and she had tweaked her back, doing something, and so I said I got this spray. You know, you want to be my guinea pig? And she said yeah, and so I sprayed it on her back and it helped a little. And then I said let's just do it again. And we did it five minutes later and within a couple of minutes she was totally pain-free and I had scanned her.

She didn't have any herniated discs or anything before I did it, but she had just tweaked something. She pulled a muscle or something. She did that. And then my brother had some neck issues. He uses it every day on his neck and he said it takes the pain away. He said he uses it usually a couple of times a day and he said he carries it with him and comes in little bottles that he can get through if he's traveling. He can get through the TSA people. Both of them are such disciples of that.

1:04:46 - Caroline

I never go anywhere without it.

1:04:48 - Julie

It works. Yeah, it works so well. And then the happy light. First of all, what's in the Instalights? I know it's got the minerals, but what else?

1:04:58 - Caroline

All that's in it is fulvic minerals, that's it Fulvic minerals, that's it, fulvic minerals. So the and the beautiful thing is. So again, anytime you have an additive, if you take something, if, let's say, we what we thought oh, we're going to make our fulvic better, we're going to add something to it actually would lower the bioavailability. So you know. So the reason that we put the essential

oils in some of our other products that we can talk about is because they have a scent, and it has to do with the way your olfactory, your sniffer, your olfactory system works.

1:05:33 - Julie

Well, that's the Happy Lights product. Tell us about that.

1:05:36 - Caroline

Yeah, so the Happy Lights product has bergamot in it and interestingly enough for most people when they smell bergamot, which is what?

Bergamot is a citrus fruit. Yeah, so it's a citrusy smell. It has a very specific smell. When you smell it you go, oh yeah, I've smelled that before. It's really a lovely smell and also we should just clarify the scent is very light. It disappears in 10 seconds, so you just have to smell it once and what happens is your olfactory system is connected with your lower brainstem, which is where neurotransmitters are triggered. So when that happens, when you smell bergamot, it triggers a release of endorphins in most people. So if you're having anxiety, you're having a panic attack, even a burst of anger or depression, ongoing depression you can use happy lights as a way to break the cycle. So let's say, if you're anxious and you're just feeling that tight stomach, you can breathe it in and it usually will shift people's neurotransmitter wash in under 10 seconds.

1:06:50 - Julie

And you say spray it 12 inches or so in front of your face.

1:06:54 - Caroline

Yeah, you literally, you take it, you hold it out. I usually hold it about 18 inches from my face and I spray like five or six times. You know, spray, spray and I breathe in really deeply and then in a few seconds I mean for me, because I know the feeling, I'm aware that it makes a granddaughter. That's eight.

1:07:23 - Julie

And this little girl has depression and anxiety issues and they're working on her food and they're working on things like that with her and I said why don't you try this Happy Lights stuff just for kicks and see if it makes a difference? Caroline, this child won't go anywhere without her Happy Lights little spray bottle. She has a little purse you know it's a Hello Kitty purse or something like that and she has it in there. She has another bottle. She's a swimmer. She has another bottle in her swim bag, you know, with her stuff that she takes to the pool. And her grandmother said this child will not go anywhere without the happy lights. And for an eight-year-old to notice that much of a difference is really a remarkable thing, because they don't know they're supposed to notice a difference.

1:08:17 - Caroline

Right, we have this a lot with teenagers. You know. Parents come and they're like, oh, I'm going to bring this happy lights home for my teenager. I'm like, okay, you can bring it home, but you're not going to spray it at them, you're not going to even give it to them. What you're going to do is you're going to, just when they're around, you're going to spray it on yourself and breathe it in, and they're going to go. What is that? And you and you're going, I don't know, it's this stuff called happy lights and it's going to disappear and end up. And then they're going to come back to you later and they're going to go. Yeah, my friend Susie wants one too, and my friend Joni wants one too. That's what usually happens.

1:08:51 - Julie

That's a great strategy to do that. And then the Bobo lights.

1:08:56 - Caroline

Yeah, bobo light is amazing, so it kind of has a lavender smell and the amazing thing about it is it will remove the pain of a bee sting, a mosquito bite. Even a scrape of a kid falls and scrapes their knee. You spray it on. I mean it removes the pain. Burns. It's incredible on burns. I had our granddaughter put her hand on a fireplace. Glass burned her whole palm. I just kept spraying that and within 15 minutes she was smiling, running around even though she had blisters on her hand. The pain was gone. So it also works on poison oak and ivy and bug bites.

Sugar bites, yeah, bug bites, all sorts of things like that.

1:09:49 - Julie

Yeah, I'm super allergic to mosquitoes and chiggers and I live in the deep south so they got chiggers I mean. I got. I got my wellies on if I'm in the pines truck because chiggers love pines truck, wellies on if I'm in the pine stock because chiggers love pine stock. But when I get a mosquito bite it gets a blister on it and I have used this Boo Boo Lights on it. It takes the itch away and it keeps the blister from forming.

1:10:14 - Caroline

Isn't it crazy, oh my God.

1:10:18 - Julie

When I was a kid I went to summer camp for a week when I was in the fourth grade. I had so many mosquito bites I had them all over my eyes. My eyes were squirreled shut. It looked like I'd been abused when my parents came to pick me up. But mosquitoes love me and they used to put Campo Finic on me and I just smelled awful and it was horrible, horrible and it didn't help with the itch or anything. And this stuff is miraculous with the. That's good to know about the poison ivy and the poison oak. Yeah.

1:10:54 - Caroline

Really really good for that yeah.

1:10:56 - Julie

Does that help keep it from spreading too, or it just helps with the?

1:11:00 - Caroline

I don't know. I just we've heard some reports back from people who could not get rid of their poison oak and that's what ended up removing. It was the bubulites. They tried all the other different creams and potions that are out there.

1:11:13 - Julie

Yeah, if I get that stuff, it goes systemic, it's nasty, it's awful, yeah, okay, and then the last one's respalites. Tell us about that.

1:11:21 - Caroline

Yeah, so Respalites is a sinus opening, so it's kind of got some eucalyptus kind of smells in it. Again, you just spray it. You spray and breathe it in. People who have seasonal allergies swear by this for clearing out the seasonal allergies and keeping their sinuses open when they're struggling with that allergies and keeping their sinuses open when they're struggling with that. It's also I like it when I get off the airplane, just because eucalyptus is also an antibacterial. So you've been breathing in that air on the airplane so you just breathe some resveratrolites to get rid of whatever's just been caught in their sinuses.

1:12:00 - Julie

So a couple more questions as we're winding down here. How did you come up with these other, the boo-boo lates and the respiral lates and the happy lates and all that stuff? How did that come out of minerals?

1:12:12 - Caroline

Well, dan, my business partner, he used to have an essential oil business. When I first met him, he had an essential oil business and he was selling a few minerals on the side, and so he has a deep and personal relationship with essential oils and he works with them energetically and he loves them. So these different like the booby lights and the respirate mixes are they're actually amazing blends of essential oils that he has worked on over the years.

1:12:43 - Julie

Do they have not? All of them have minerals in them, though. Right, they all have minerals. They all have the fulvic.

1:12:49 - Caroline

Yeah, they all have the fulvic, so they're basically fulvic with an essential oil added.

1:12:57 - Julie

The Insulize is just straight fulvic, and so the fulvic with the essential oils is a double benefit, because why?

1:13:05 - Caroline

Because when you so, when you breathe the fulvic in, because the molecule is so small you get an instantaneous, you instantaneously wait, hold on my brain you get an instantaneous infusion of electrolytes through your sinuses and through your skin. Okay, all right, I have runners who actually carry an Instalites trail runners. They carry a little bottle of Instalites and when they're running they just spray and breathe it in. Instead of ingesting it.

1:13:40 - Julie

Exactly, it makes sense. Okay, last question Then everything to do with well, maybe it does have to do with minerals. Why do we incarnate?

1:13:53 - Caroline

You know, I am just learning about that. I think we're here to do God's work. I think we're just like. We're like a little expression of God here.

1:14:06 - Julie

Whatever God is. Yeah, you're like you're not a blues brother, you're a blues sister. You're on a mission from God to teach the world about minerals, and the reason why I wanted to have you back on is because you've got these products that help people that are affordable, and my intention was not to make this into an infomercial for Beam Minerals, but rather to explain why we're deficient in these minerals and what's an easy, affordable way that we can replenish them and know that it's going to benefit us, our family members and our pets, among other people that are friends and family, and I think you're doing a remarkable job with this stuff. I've noticed, as I said, I've noticed a difference in myself and my family members and friends that are using these different products, and I just think you're extraordinary. I think the work you're doing is absolutely divinely inspired, and I can't say enough good things about you. I'm a huge fan girl of you and your product.

And I thank you for having the courage to really switch careers and bring this to the market and the courage to put yourself out there, because you're out there with a bunch of scientists with a bunch of alphabet soup in the form of degree letters at the end of their names and you know

more than they do in a bunch of scientists with a bunch of alphabet soup in the form of degree letters at the end of their names, and you know more than they do in a lot of instances.

1:15:47 - Caroline

Yeah, actually I find that I do, and it's interesting to meet, you know, meet these scientists and you know, and just take what they're saying and their gobbledygook of language and just break it down and go well, you know, actually it's like this and they're like, oh, oh, actually you're right, you know so.

1:16:09 - Julie

Well, and part of that, I think, is because you haven't been conditioned to think about this stuff in a certain way, and so your brain has been open to be able to receive the information and then go in a different pattern than the academics and we love academics and we love the research they do and all of that. But you're such a great adjunct to that in the work that you're doing because you're not boxed in by thinking a certain way. When I was in my 20s, especially in, I would say, my late 20s I had more than one person say to me you need to go get your MBA. And I'd say, well, why do I need an MBA? I hire MBAs. I don't want it messing up my brain. And they'd say, well, what do you mean messing up your brain? And I'd say I want to be able to think outside of the box.

As an entrepreneur, I don't want to have to have a certain formula that I have to follow in order to do a company. And I see that you're doing the same thing with the work that you're doing. So kudos to you, kudos to you. How can people learn more about you and your work?

1:17:26 - Caroline

Well, they could come to our website, which is beminerals.com. They can also look me up personally at mineralgeek.com. I didn't make up that name, other people did.

1:17:42 - Julie

Somebody gave it to you somebody gave it to you I actually will send. I always send people to beminerals.com and I say use Julie Ryan, all one word at checkout and you'll get 20% off, yeah, of whatever you order. And thank you for extending that to my community, that you're giving them a discount, it's totally my pleasure.

Yeah, yeah, all right. Well, thank you so much for taking the time to join us and educate us on the whole mineral. What's the word? I'm looking Quagmire, I'm going to call it, and simplifying it for those of us who aren't schooled in all of these complex things, I love that you say that everything, including the minerals, are just energy because they are.

We just are. So all right, everybody, we've given you a lot to think about. Sending you lots of love from Sweet Home, Alabama, and from Colorado too, where Caroline is. We will see you next time.

1:18:45 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.youtube.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit AskJulieRyan.com.

1:19:00 - Disclaimer

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